



# Aging Unit of Iron County

## December 2015



### MENU HAPPENINGS

Hurley 561-2108 M -F		Iron Belt 561-2108 Thursday		Mercer 476-2113 or 1-800-950-8744 Tues. to Thurs.		Saxon 893-2333 Tues. to Thurs		Springstead - Wed 476-2113 or 1-800-950-8744	
<div>Sun.</div> <div>Mon.</div> <div>Tues.</div> <div>Wed.</div> <div>Thurs.</div> <div>Fri.</div> <div>Sat.</div>									
PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE			1 Swedish Meat Balls Noodles Green Beans Tossed Salad Cake Bread, Milk  Card Games	2 Baked Chicken Potatoes Au Gratin, Peas & Carrots Macaroni Salad Apple Crisp Bread, Milk Bingo Games	3 Sweet & Sour Pork Rice Mandarin Oranges Blue Berry Muffins Bread, Milk	4 Beef Stew 3-Bean Salad Donuts Bread, Milk	5 items may be changed without notice. All substituted items meet or exceed USDA standards for your RDA.		
		6	7 Pork & Kraut Mashed Potatoes Green Beans Fruit Cocktail Pudding Bread, Milk	8 Chef's Choice Tuna Noodle Casserole Salad Brownies Bread, Milk  Card Games	9 Oven Fried Chicken Mashed Potatoes, Country Blend Coleslaw Sherbet Bread, Milk Bingo Games	10 Baked Rigatoni Cauliflower & Broc Tossed Salad Jello Bread, Milk	11 Meat Loaf O'Brian Potatoes 5 Way Blend 7-Layer Salad Blue Berry Crisp Bread, Milk	12	
		13	14 Beef Tips & Noodles Corn Cottage Cheese Pudding Bread, Milk	15 Christmas Party Chicken Kiev Twice Baked Potatoes Peas Pineapple upside down cake Fruit Salad Bread, Milk Card Games	16 Roast Beef Mashed Potatoes Green Beans Beet Salad Cake Bread, Milk  Bingo Games	17 Lemon Chicken Pasta Carrots Tossed Salad Jello Bread, Milk	18 Chili, Coleslaw Pear Cobbler Corn Bread, Milk	19	
		20 Merry Christmas	21 Lasagna Tater Tots Broccoli Fruit Cocktail Pudding Bread, Milk	22 Stuffed Green Peppers Country Blend Tossed Salad Sherbet Bread, Milk  Card Games	23 Sloppy Joes Wedge Fries Baked Beans Tossed Salad Cake Bread, Milk  Bingo Games	24 Closed	25 Closed	26	
		27	28 Italian Chicken Alfredo Fettuccine Broccoli Cottage Cheese Pudding Bread, Milk	29 Beef Wellington Twice Baked Potatoes Monti Carlo Blend Fruit Cocktail Pudding Bread, Milk  Card Games	30 Pizza Pasta Salad Peach Cobbler Bread, Milk	31 Closed	1/1/2016 Closed	This menu has been approved by Mary Jo Coleman, Registered Dietician.	